

National Standards on Karate-Do Coaching for Youth

What is the National Standards on Coaching?

As the National Sports Associations in-charge of the sports of Karate-Do, Singapore Karate-Do Federation (SKF) adopted the entire National Standards for Youth Sports frame work implemented by Singapore Sports Council (SSC) and adapted it to our sports specific usage. These standards forms part of our Guidelines for all National Certified Coaches on coaching Youth in the sports and art of Karate-Do and The National Standards on Karate-Do Coaching for Youth Sports. These standards outlines three (3) principles and nine (9) standards that will uphold our fraternity commitment to its coaching of youth in our sports. These principles and standards stem from an underlying philosophy that no youth should be left out or left behind in sports, and that every youth be given the opportunity to enjoy sports and grow through his or her participation in sports. We firmly believes that with these National Standards for Youth (Karate-Do) firmly in place, we can better drive the behavior that one would expect from stakeholders in how our fraternity drive the practices of the youth in our sports.

Why the need for Standards?

Equipping the youth of today with the right attitudes, skill and knowledge sets the foundation for the adults of tomorrow. As a nation, Singapore has long understood the important of this foundation and has invested heavily in the education of our youth.

The value in practicing the art of Karate-Do lies with the inherent value that comes with the training of the art. Values such as respect, discipline, perseverance, mind of steel etc. are all part of the benefits in practicing the art and sports of Karate-Do.

More recently, though, society has come to appreciate the value of a sporting education as well. Not only participation in sports improve health and one's well being, it helps develop life skills such as communication, decision-making, goal-setting, leadership, perseverance, problem-solving, strategic thinking and time-management.

Positive experiences in sports from an early age will put youth on the pathway for lifelong sports participation. In turn, leading an active lifestyle, as a young person will reduce the risk of diseases associated with sedentary living later in life.

Unfortunately, there have also been occasions in sports where less-than-desirable behaviors have been displayed. Some of these have taken place in the youth sports scene, including the use of physical activity as punishment, name-calling, teasing, inappropriate physical contact and an unhealthy 'win-at-all costs' approach to competition. Such behaviors are contrary to the values of sports and the upbringing of our youth.

Thus, there is a need to establish a set of standards in youth sports to ensure that our youth reap the full benefits of sports participation. Through the diligent application of these

standards, we will be able to maximize our youth's potential as athletes and instill them with sporting values that will see them well into their adult years.

The principles and standards set out have been specially crafted to ensure that sports in Singapore is organized, planned and delivered in a healthy, wholesome and positive environment for our youth, while issues such as violence, abuse or other unsporting behavior are kept at bay.

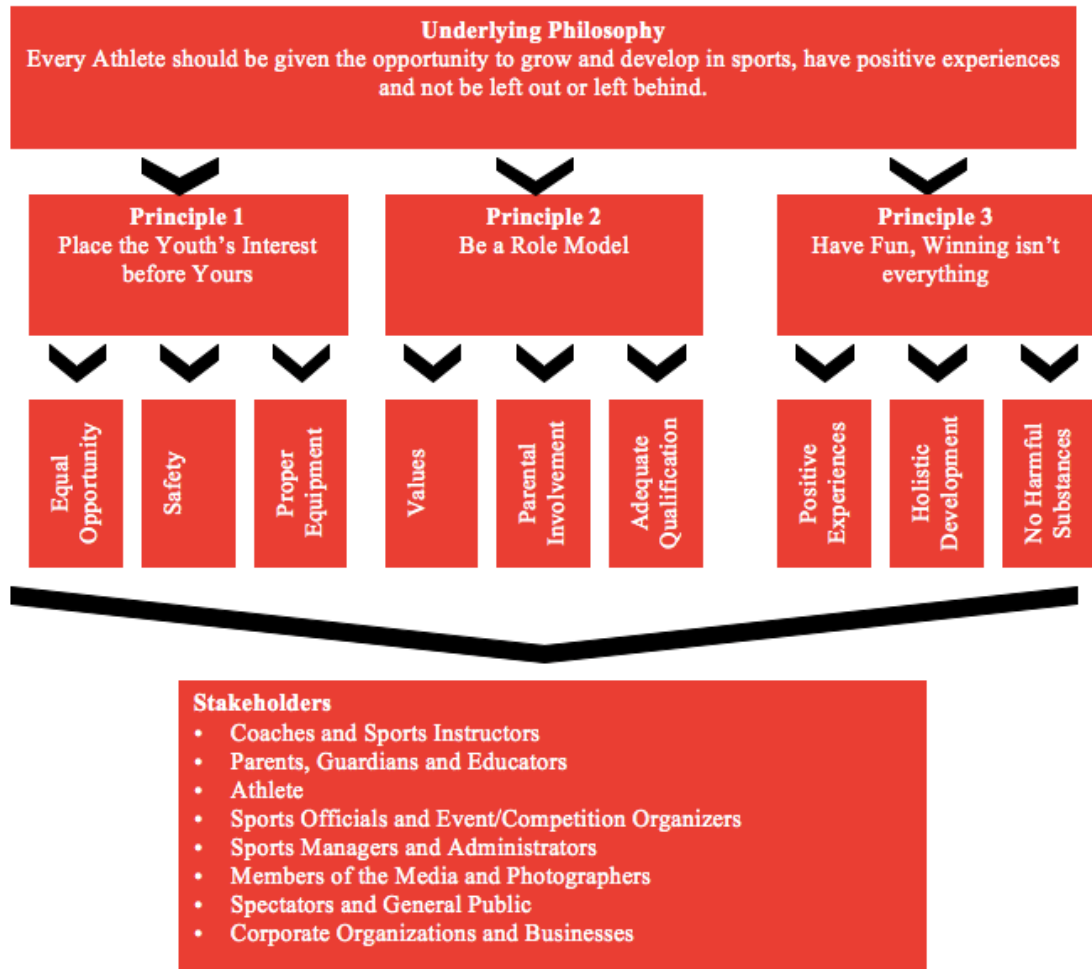
Who needs to understand and adopt the National Standards for Youth Sports?

The National Standards for Youth Sports was developed in accordance with the codes and practices articulated in the United Nation's Convention on the Rights of the Child, which Singapore acceded to on 2 October 1995, and the desired outcomes of education as outlined by the Ministry of Education.

Framework for National Standards

At the heart of the National Standards for Youth Sports is the underlying philosophy that every youth should be given the opportunity to grow and develop in sports, have positive experiences and not be left out or left behind. This philosophy underpins the principles and standards of the National Standards for Youth Sports, which in turn are manifested in its guiding behaviors and practices.

The following figure illustrates the Framework for the National Standards for Youth Sports:



Principles and Standards

Principle 1

Place the Athlete's Interests Before Yours	
Standard 1 Equal Opportunity	Every youth has an equal right and opportunity to practice Karate-Do, regardless of ability, age, gender, race, economic status or any other social discriminator.
Standard 2 Safety	Every youth has the right to practice Karate-Do in a safe and non-threatening environment, free of injury and physical or mental abuse.
Standard 3 Proper Equipment	Every youth has the right to equipment that is in serviceable condition, suited for the task and purpose, and appropriate for his or her age and ability.

Principle 2

Be a Role Model	
Standard 4 Values	Every individual in youth sports must conduct himself or herself in a manner that demonstrates the values of

	friendship, respect, excellence, sportsmanship, and fair play, which is synonymous with the art and sports of Karate-Do.
Standard 5 Parental Involvement	Every parent or guardian must be actively involved in their youth's participation in the art and sport of Karate-Do.
Standard 6 Adequate Qualifications	Everyone who works in youth sports as a Karate-Do coach or instructor must be adequately trained and screened, and have the relevant experiences and skills.

Principle 3

Have Fun, Winning Isn't Everything

Standard 7 Positive Experiences	The Karate-Do sporting opportunity should engage youth with an appropriate challenge and subsequent sense of accomplishment for an overall positive experience.
Standard 8 Holistic Development	Every youth, in their participation in the sports and art of Karate-Do, will be provided with ample opportunities for development towards being a confident person, a self-directed learner, an active contributor, and a concerned citizen.
Standard 9 No Harmful Substances	Every Karate-Do youth-sports environment will be free of alcohol, drugs, tobacco, or any illegal performance enhancers.